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MAIL  
EARLY  
FOR  
CHRISTMAS



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Beloved Neophyte:

Tonight I am going to talk to you on several different subjects, for there are many points that I want to bring out in this general discussion. In the early lessons you learned of the existence of Universal Mind as a Substance from which everything is created. This was covered in the fourth lesson; then in the sixth lesson you were told how the Subjective Mind is continually working on the Patterns you give it, molding this Universal Mind into the forms and manifestations you desire; then in the eighth, ninth, and twelfth lessons you learned of another work of this great Substance, Universal Mind, as Life-Essence, and its use in maintaining the balance in the Human Organism.

Gradually this is opening up for you the door to almost unlimited Power. Suppose, for instance, that you fully understood this Universal Mind, this Primal Substance, and could control it. What Power on earth would there be that would not be yours? You would even be able to move the Sun and Stars out of their places and to control everything in the Universe, from the Atom to the biggest Suns, because you would control thru Universal Mind. This was what the Master Jesus referred to when He said, "If ye have Faith, even as a grain of mustard seed, you can move mountains" - Faith, in this case, being Conviction, built on Knowledge. And as the Occultist becomes perfect, there will be nothing in Nature not under his control. If he asks the Gods to come, they come, at his bidding; if he asks the Departed to come, they come, also, at his bidding. All the Forces of Nature obey him as his slaves. When the ignorant see these Powers of the Occultist they call them Miracles.

All this training and exercise is for the one purpose, and each Neophyte must begin where he now stands. He must learn how to control the things that are nearest to him. His body is the nearest thing to him, nearer than anything in the Universe, and his Mind is the nearest of all. The Universal Mind which is working thru his Brain and Body is the nearest to him of all the Universal Mind in the Universe. This little Wave of Universal Mind which represents his own Energies, mental and physical, is the Wave nearest to him, of all the infinite ocean of Universal Mind, and if he can succeed in controlling that little Wave, he can hope to control the Whole. He will become almost all-mighty.

In this country there are Mind Healers, Faith Healers, Spiritualists, Christian Scientists, Hypnotists, etc., and if you analyze these different groups you will find that the background of each is this control of Universal Mind, whether they know it or not. If you boil these Theories all down, the residuum will be the same, they are manipulating the same Force, only unknowingly. They stumbled, perhaps, on the discovery of a Force, they may not know its nature, but they are unconsciously using the same Powers which the Occultists use, the Powers of Universal Mind.

This Universal Mind is the Vital Force in every being, and the very finest and highest action of Universal Mind is Thought, which, as I have told you, is divided into the three classes: There is the Lower Mind, or form of Thought, which we call Instinct, or Unconscious Thought, the lowest Plane of Action, where you do things without thinking or understanding, automatically or instinctively. All reflex actions of the body belong to this Plane of Thought. Then there is the Middle Mind, a Higher Plane of Thought, the Conscious Part which says "I reason" - "I judge" - "I think" - "I see the 'pros and cons' of certain things." And again, we know that that is not all, for we know that Reason is limited, there is only a certain extent to which Reason can go, beyond that it cannot reach, and the circle within which Reason runs is very, very limited, and yet, at the same time, as we think and study, we find thoughts do rush in to this circle, like the coming of Comets, different things are coming



into this circle, and it is certain that they come from outside the limit altho our Reason cannot go beyond. So we know of the Upper Mind, for we know that Mind does exist on a still higher Plane, the Superconscious Plane, and the Mind which has attained that state of Perfect Concentration, or Superconsciousness, goes beyond the limits of Reason and comes face to face with facts which no Instinct or Reason can know.

All these manipulations of the Subtile Forces of the body, the different manifestations of Universal Mind, are during, and by, your training changed to give an upward Urge to the Mind. Thus, the Mind goes higher and higher and becomes Superconscious, and there, sees all and knows all.

You have also learned from the third lesson, and from your Meditation in the meantime, that in this Universe there is one continuous mass on every Plane of Existence. Physically this Universe is one, there is no difference between the Sun and you. Scientists will tell you that it is only fiction to say the contrary. There is no real difference between the table and me, the table is one thing in the mass of Matter, or Universal Mind and I another thing. Each form represents, as it were, one whirlpool in the Infinite Ocean of Matter, and these are not constant. It is just as in a rushing stream where there may be millions of whirlpools and the water in each of these whirlpools is fresh, new water every few minutes, turning round and round for a few moments, then passing out at the other end, as the next particles of water come in. The whole Universe is one constantly changing mass of matter, or Universal Mind, in which we are little whirlpools. A mass of matter enters them, turns round and round, and turns, for a few years, into the body of a man, becomes changed, and goes out into the form, maybe, of an animal, in which it rushes round, to get, after a few years, into another whirlpool called a lump of mineral.

It is a constant change, not one body is constant, there is no such thing as my body or your body, except in words, all are one huge mass of Matter; one point is called the Moon, another a mineral, another a plant, another a man, another the Earth, another the Sun; but not one is really constant. On the other hand, everything is changing, Matter is eternally concreting and disintegrating, and so it is with Mind.

Many of you remember, perhaps, the experience of Sir Humphrey Davy, as he was performing an Experiment, when the "Laughing Gas" overpowered him. During that time, he remained motionless, stupefied, and after that he said that the whole Universe was made up of ideas; for the time being, the coarser vibrations had ceased and only the subtile vibrations which we call the Mind were present to him. He could only see the very subtile vibrations around him, everything had become Thought, the Universe was an ocean of Thought, and he and everyone else had become little Thought whirlpools.

Thus you see that even in the Universe of Thought we find this Unity, and at last, when we get to the Source, we know that the Source can only be One. These facts can no more be denied. Modern Science has now demonstrated them. Modern Physics, also, has demonstrated that the sum-total of the Energies of the Universe is the same thruout, and your work in this part of these lessons is being given to you to teach you the control of this Universal Mind, thru controlling the little Wave of the Universal Mind which is nearest you -- the Wave which is yourself, which is your Mind, your Thoughts, your Emotions, and Desires -- and as you learn to control this little part of Universal Mind, you will learn to control the Whole.

So, I have made plain to you many things, the reason for your exercises, and the reason for the fact that the Law of Karma brings lessons, tests, and opportunities to you, both to test your fitness and your control of your self. Refuse to react under annoying remarks, under lack



and limitation, under pain or grief. Refuse to fly to pieces, refuse to doubt or worry; instead, maintain your Poise and Calm. Like a capable General, as his far-flung battle lines waver and bend, concentrates his energies and brings up his reserves, so you, too, must call up from the depths of your Being resources and Strengths you never knew you had. With this attitude on your part, the help of the Brotherhood will flow to you, for the Psychic Help you receive is even more valuable than the lessons themselves; your Membership brings to your side the Occult Powers of the Unseen Worlds; maintain this connection now that you have it the Magnetic lines are being built stronger and more powerful, week by week, be patient and do your best and keep your close Contact.

And now, as the next step in acquiring control, I want to tell you of the Secret Chamber of the Alchemist, for it is within this Chamber that the real work of the Mystic commences. Creating your Destiny by decreeing is done here. Attunement with the Cosmic and Psychic Planes is thus started, while the Projection of your Psychic Body, which you loosened a little in the experiment of the fifth lesson, Psychic Sight and Hearing, all have their beginning here. So, it must be learned well and much practice must be given to it, over many months.

Each successful student works out a method for himself - the actual acquiring of the knack will come to you as you practice. You may not be successful the first few times, or the first half dozen, but if you persist, you will succeed. One student found this method to be best for him: Sitting quietly and comfortably in an easy chair, so that the body does not tire; in the dark, with eyes closed, he pictures within his Mind, a Sanctum. A small room, perhaps, with an Altar in the center; he fills in all the details of this room as he imagines it, and he learns to picture it so well that after a few times, when he closes his eyes, the picture forms with all its details just as a dream picture appears; and it is so real to him, he can walk into his dream picture and kneel at the Altar. While he is picturing this room and filling in the details, he is so interested in his work that he forgets where he is in actuality, even who he is, or that he has a body or anything else of the Material World. And there, kneeling at this Altar, he talks with the Father about the things he needs, the conditions that need adjusting, mentally attuning himself with the God-Principle that he pictures around him, so strongly that he can feel the Presence, even tho he cannot see it as yet. There, too, if you use this plan, you may repeat your Affirmations, dwelling upon them and absorbing them, making them literally a part of you. As you do either, or both, of these things, under the conditions stated, you, thru your Meditation (for this is what Meditation is) raise the rate of your Vibrations closer and closer to the High Vibratory Rate of the Cosmic Plane, the Home of the Upper Mind, and some day, Illumination will break upon you with an unspeakable Glory.

You are commencing Psychic Work and your success will depend upon your faithfulness in practicing the work, and your success will especially depend upon your mastering this Art of Retreating Within and stilling the Objective Mind and Material Affairs. Especially, in picturing this room and the Altar, and the work you do there, must you avoid remembering that it may not be real - you must think and imagine it is real and avoid thinking or reasoning in any other way, for after all, you do not know that for the time being it is not real, more real, at that time, than the Material World behind you.

In the Bonds of the Eternal Brotherhood,

Sri Dayananda, S. C.